SCOSA Summer-Autumn 2014 Older Adult Education Brochure

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News Briefs

SPECIAL EVENT TUESDAY:
The Global Fresh Water Crisis and Related Local Concerns
Tuesday November 18th Campus Center Theater
4:30-6:15pm
Plenty of parking in Lot 3, in front of building.

Diminishing supplies of fresh water is a pervasive and growing world-wide problem. SCOSA is fortunate to collaborate with Stockton's Office of Global Engagement and the Notre Dame Club of South Jersey in presenting a distinguished group of experts from Notre Dame, Johns Hopkins University, the United Nations, Stockton College, and the Pinelands Preservation Alliance. Click here For details:

SCOSA 2015 Aging Successfully Festival
May, 13, 2015
Presented by Others

Take Control of Your Health is a 6-week complimentary, evidence based workshop created by Stanford University that will provide you will tools to help you design your own strategy for managing chronic conditions such as arthritis, heart and lung conditions, anxiety, diabetes, or high blood pressure. Ongoing health conditions affect how you live your life, how you experience your relationships, and how you deal with your emotions. Tuesdays, Jan. 6- Feb. 10, 2015 from 1:00pm - 3:30pm at Egg Harbor Care Center in EHT. Contact Atlantic Prevention Resources (609) 272-0101, ext. 23 or lipielhau@atlprev.org for more information.

Upcoming Older Adult Education Programs

Time to Create Art - Let's Draw & Paint: Drawing Fundamentals
Wednesday, December 3, 2014 1:30pm - 3:30pm
Presented by: David Rhodes Flyer
The Noyes Museum of Art of Stockton College
Lily Lake Road, Oceanville (Galloway)
Call 609.652.8848 to register. Fee: $10.00 (Collected by Noyes).
Learn the basic skills and techniques of drawing by focusing on observational rendering, use of line, shading, mark making, elements of composition, and creativity. Draw from a variety of subjects, build technical skills, and develop personal expression. This class is geared toward mature adults, but all adults are welcome. Basic supplies provided for use of students.

Learn & Practice Techniques for Health & Well-Being ...
Have Fun While Relaxing Your Body & Mind
Thursday, December 4, 2014 - 12:00pm -2:00pm
Presented by: Linda Schwartz, Certified Yoga & Meditation Instructor Flyer
Galloway Community Services Senior Center
621 W. White Horse Pike, Egg Harbor, NJ 609-568-5073
Register Online or call 609-626-3591.
Presenter will charge and collect $5.00 per person per session. No mats needed. Wear comfortable clothing. The practices you learn in the classes consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, chair yoga, visualizations, meditation and relaxation. Through practice you develop a greater sense of self-awareness, learn new movement skills and tools for self-observation and monitoring your well-being.

Holiday Paper Craft
Thursday, December 4, 2014 - 12:00pm - 2:00pm
Presented by: Diamond Frandsen Flyer
Manahawkin Instructional Site (MIS)
712 East Bay Avenue Manahawkin, NJ
Registration is required. Email: Gina.Maguire@stockton.edu or call 609-626-5590. Skill Level: Beginner. Material Fee: $10.00 per student.
Create small, medium, or large folded paper stars all using the same techniques. Use these stars to adorn your home during this Holiday season. Best used in a window, on a garland, or on a tree. Once you get the hang of it you’ll be on your way to creating lots of paper stars.

Time to Create Art - Holiday Paper Craft
Wednesday, December 10, 2014 10:30am - 12:30pm
Presented by: Diamond Frandsen Flyer
The Noyes Museum of Art of Stockton College
Lily Lake Road, Oceanville (Galloway)
Call 609.652.8848 to register.
Materials Fee $13.00 (Collected by Noyes Museum).
Create small, medium, and large folded paper stars all using the same techniques. Use these stars to adorn a window, garland or tree in your home during the holiday season.

Beginner’s Card Making Class
Friday, December 12, 2014
12:00pm - 1:30pm or 1:30pm - 3:00pm
Presented by: Ann Blazovic & Gina Maguire
Manahawkin Instructional Site (MIS)
712 East Bay Avenue Manahawkin, NJ
Registration is required, MAXIMUM OF 14 PER SESSION.
To register email: Gina.Maguire@stockton.edu or call 609-626-5590. Join us for this free beginner’s card making class. You will make greeting cards suitable for sending to your friends and family. This is planned to be a series of classes, so come and enjoy the art of paper crafting.

A Tour of Poetry for Seniors
Saturday, December 13, 2014 11:00am - 1:00pm Flyer
The Otto Bruyns Public Library of Northfield
241 W. Mill Road, Northfield
Register Online or call 609-626-3591.
Gail Gerwin, Guest Poet.

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SCOSA Event Cancellation Procedure

Check the Stockton Homepage for campus wide closures. Check the SCOSA website for SCOSA off-campus event cancellations & rescheduling.

Stockton Center on Successful Aging
Richard Stockton College of New Jersey
101 Vera King Farris Drive, Galloway, NJ 08205 609.626.3591 Fax: 609.626.3620
Programming: Anita Beckwith 609.626.3591 / Gina Maguire 609.626.5590

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